

Embodying the Bodhisattva Path in These Challenging Times
February 2025
Guidance for Peer Group Meetings

Meeting in a peer group creates an opportunity to explore & reflect together on the bodhisattva path. We can benefit from mutually sharing as well as gain a measure of inspiration.

Structure: We recommend that for each month's meeting you rotate the role of facilitator. During each month's meeting, you can decide who will facilitate (or feel free to create a schedule if you prefer). With 4 group meetings, not everyone in the group will be a facilitator. Time allotments are suggestions. Depending on the # of people, feel free to make adjustments.

Suggested Format for First Group Session (February-early March)

Suggested Time	Topic	Notes
5	Meditation together (in silence)	Facilitator tracks time.
5	Review of the agenda	Facilitator walks through agenda. Group can suggest refinements/adjustments as needed.
4 mins/ person	Introductions. Each person shares: <ul style="list-style-type: none"> • What draws you to this work of embodying the Bodhisattva? • What are 1 or 2 qualities you bring to this exploration? 	Facilitator helps group decide on process (e.g., once each person finishes, they can hand it off to another person)
1	Pause to take in the group sharing.	
4 mins/ person	Group sharing on At-Home Practice #1: <ul style="list-style-type: none"> • Share on an area in your personal life or in the world to which you feel called to bring compassionate engagement. • How are you relating to this with a quality of compassion and care rather than relating to your engagement as a chore or burden? 	Facilitator reviews the At Home Practice #1

5	Review group logistics. Identify and confirm: <ul style="list-style-type: none">• Date time of next meeting• Zoom link to use• Facilitator	
1-2	Closing Meditation	